



# Data Points

RESULTS FROM THE CALIFORNIA WOMEN'S HEALTH SURVEY

California has established a number of far-reaching programs to increase access to a secure supply of healthy foods. However, the 1997 California Women's Health Survey determined that one in nine California women remains at risk for hunger.<sup>1</sup> To better serve these women, it is important to understand the association between a woman's self-evaluation of her health status and her risk for hunger.

The 1998 California Women's Health Survey (CWHS) was used to explore health status among women who are at risk for hunger. The 1998 CWHS asked women: **"In the last 12 months, did you ever eat less than you felt you should have because there wasn't enough money to buy food?"** Women who answered "yes"

to this question were considered to be at risk for hunger. To assess women's perception of their own general health, women were also asked: **"Would you say that in general your health is: Excellent, Very Good, Good, Fair, or Poor?"** Demographic information collected included age and race/ethnicity.

- In 1998, 11% of California women had insufficient food at some time during the last year.
- As women's self-assessed health status becomes worse, the likelihood increases that they are at risk for hunger.

## RISK FOR HUNGER AND GENERAL HEALTH STATUS AMONG CALIFORNIA WOMEN, 1998

Office of Women's Health

Maternal and Child Health Branch

<sup>1</sup> Data Points, Issue 1 (14). (1998) "Risk for Hunger Among Women, by Age; California, 1997".

Risk for Hunger Among California Women  
by Self-Assessed General Health Status, 1998

